

# Jackson's doctor talks to police

pg 12



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## Police investigate group assault

**RIDEAU CENTRE** Ottawa police are investigating a serious assault on Rideau Street last Sunday, June 21 at about 8:15 pm.

A 35-year-old male was attacked by a group of assailants in front of the Rideau Centre. The attackers fled on foot and left the victim unconscious with serious injuries. He is recovering in hospital, police said Friday. Anyone with info is asked to call police at 613-236-1222 ext. 5673 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

METRO OTTAWA

## IranCrisis

Metro Canada is keeping you up to date with everything you need to know about the evolving crisis in Iran.

Today  
• Iran spars with U.S. and U.K., pg 4  
On metronews.ca  
• Look back on how events have unfolded with stories, photos and video in our ongoing Unrest in Iran section

## Sunny Side

Follow Metro's SunnySide initiative as we help you find the good news around Ottawa and Canada.

On metronews.ca  
• See what other Metro readers are doing and saying about SunnySide.

## SameSex Marriage

Metro Canada finishes its look today at the state of same-sex marriages.

Today  
• An update on the status of same-sex marriages in other countries, pg 4



Rick Mercer, host of CBC's The Rick Mercer Report, says if you have a Canadian citizenship, you've hit the jackpot. World adventurer and ultra-marathoner Ray Zahab is happy to call 'the greatest place on Earth' home, pg 3

# Being Canadian

Rick Mercer shares his thoughts about True North strong and free

**Being Canadian means being lucky.**

There are almost seven billion people on this planet and we make up around 33 million of them.

The odds of a random citizen on this Earth being Canadian is about half of one per cent.

It's a long shot that delivers a hell of a jackpot. A citizenship, that for most of us, cost nothing to acquire, but yet is our most prized possession.

Being Canadian means we have freedom of mobility. If you want to change your name to a symbol and move to

## Sunny Side

British Columbia — you wouldn't be the first, you won't be the last.

Being Canadian means we can worship whoever and however we want.

Which is why when we meet a member of the worldwide church of the Raelians (who worship a holy trinity of UFOs, extraterrestrials, and tantric sex), we shrug and say to each their own.

Being Canadian means that if your finger comes into contact with a band saw, you pop it in a plastic

## Mercer Report

• The new season of The Rick Mercer Report starts Sept. 29, at 8 p.m. on CBC Television. You can also visit [www.rickmercer.com](http://www.rickmercer.com).

bag along with some ice, and it gets sewn back on for free.

Being Canadian means there is now a five-cent surcharge for shopping bags to encourage cloth bags.

Don't use these for a severed finger. In that case, pay the nickel and go with plastic.

Being Canadian means we are each protected under the Charter of Rights and Freedoms.

In Canada, Harold can marry Samantha, Carol can marry Johann, and Ahmed can make an honest man out of Frank.

Being Canadian means you can vote.

And when we do, governments come and governments go — and yet not a single shot is fired. Which is appropriate because in our nation's capital, the Canadian flag flies proudly over a tower that we named Peace.

— Rick Mercer

## City's 'risks with theatre' pay off for Fringe fest

STEVE COLLINS  
for Metro Ottawa

**STAGE** The 13th annual Ottawa Fringe Festival yesterday wrapped up after 10 days of freewheeling theatre, packing audiences into 57 acts in 13 venues.

Fringe general manager Natalie Joy Quesnel said yesterday that audiences topped last year's 12,000 attendees and organizers were still hoping to reach their goal for this year of 13,000.

"Everyone saw a general increase in their ticket sales so it would seem that Ottawa is just branching out and really wanting to experiment and take risks with theatre," she said.

Winners of the Fringe Awards announced last night included: Outstanding Comedy — Like a Virgin (Jimmy Hogg); Outstanding Drama — Spiral Dive: Episode One (Theatre REpublic); and Outstanding Solo Performance — The Accident (Jonno Katz—Epic-worlds).

The Spirit of the Fringe Award was this year renamed the Steve Sauve Spirit of the Fringe Award, in memory of a dedicated longtime volunteer who passed away this year. It went to Ross May, a former Fringe executive producer.

## ShareYourViews

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**Cancelled news program wins honour**

Ottawa's A News at 6 p.m., which was cancelled in March, has won the 2008 Burt Cinnings Award for best large market newscast from RTNDA Canada, the Association of Electronic Journalists. Winners were honoured in Toronto at the RTNDA's Central Region Awards banquet Saturday. **METRO OTTAWA**

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# Local



## One jar for every bear hug

The Kraft Peanut Butter Bears, "Smoothie" and "Crunchy," hugged their way through the Byward Market Saturday. Kraft will donate more than 5,000 jars of peanut butter to the Ottawa Food Bank, one for every free hug given out by the bears. The food bank experiences a steep decline in donations during the summer months, when many Ottawa residents are on vacation. **METRO OTTAWA**

metronews.ca

WHAT'S ONLINE TODAY

**Video** A Canadian man reunites with his family after being stranded in Sudan for six years, at [metronews.ca/canada](http://metronews.ca/canada)

**Immigration** Guidy Mamann details changes to Canada's skilled worker application, at [metronews.ca/immigration](http://metronews.ca/immigration)



**Lotteries**

Friday, June 26  
Lotto Super 7: 1, 11, 12, 24, 26, 27 & 28 Bonus 22

Saturday, June 27  
Lotto 6/49: 5, 15, 28, 31, 32 & 45 Bonus 11

Sunday, June 28  
Ontario Pick 3: 1, 1, 1; Ontario Pick 4: 0, 7, 3, 5

Encore: 9103516

Daily Keno: 5, 7, 11, 12, 15, 16, 21, 24, 30, 31, 38, 48, 51, 52, 60, 64, 65, 66, 69, 70

These results are not official.

# 'The greatest place on Earth'

## Sunny Side

TRACEY TONG  
[tracey.tong@metronews.ca](mailto:tracey.tong@metronews.ca)

**He made headlines when he ran across the Sahara Desert and earlier this year set a world record for an unsupported trek to the South Pole. And between those times, he's been everywhere else.**

But world-famous adventurer and ultra-marathoner Ray Zahab is happiest at home in Canada.

When the 40-year-old Chelsea, Que., resident tells people he's Canadian, "people are excited to talk to you," he said. "I get to travel all over the world and my expeditions take me everywhere, and I've visited many beautiful

**"We're a huge country where people are generally very tolerant ... and that's huge."**

Ray Zahab

places, but Canada is the greatest place on Earth."

In 1998, a "disengaged" Zahab made a decision to "turn a new leaf and see where that would lead me." So he quit smoking and started running.

In 2006, Zahab and two other runners set out on an expedition to cross the Sahara Desert by foot. The documentary film *Running the Sahara* — narrated and produced by Matt Damon — was filmed to raise awareness for the drinking-water crisis in northern Africa.

Earlier this year, dragging sleds weighing 170 pounds each, he and two others trekked 1,100 kilometres unsupported to the South Pole, setting a world record for speed. He also became the first person to get to the South Pole solely on foot without the use of skis. The trip took 33 days, 23 hours and 55 minutes.

But as amazing as his journeys have been, when he's home in Chelsea there's no place like it, Zahab said.

"We have the most beautiful capital," he said.

"Canadians have to appreciate our landscape," he added. "You have to appreciate how much wilderness we have, and we're a huge country where people are generally very tolerant and we get along, and that's huge."



Ultra marathoner Ray Zahab, centre, poses with Kevin Vallely, left, and Richard Weber in the South Pole during their record-setting expedition earlier this year.

# Summer Beauty REWARDS

Monday, June 29th to Wednesday, July 1st

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the **3**ay



Australian scientists have developed a "trojan horse" therapy to combat cancer, using a bacterially derived nano cell to penetrate and disarm the cancer cell before a second nano cell kills it with chemotherapy drugs. The therapy has the potential to directly target cancer cells with chemotherapy, rather than attacking both cancer and healthy cells. **REUTERS**

# Canada/World

## Abdelrazik flies high

Sudanese-born Canadian returns over weekend

**His name is on the no-fly list, but Saturday he was flying high above rippled clouds blanketing the world below on his way home to see his family for the first time in six years.**

Abousfian Abdelrazik was five hours into a flight from Abu Dhabi to Toronto when he looked up from behind his glasses in the front row of the darkened cabin and smiled.

"Yes," he had managed to fall asleep for a little while.

"Yes," he had something to eat from the halal menu, which offered lamb kofta with tomato-

**"This is a personal and momentous occasion for him."**

Lawyer Yavar Hameed on Abousfian Abdelrazik

flavoured rice and cucumber salad with feta cheese.

He nodded and introduced himself but he would save all his other words for when he stepped onto Canadian soil.

"This is a personal and momentous occasion for him," his lawyer Yavar

Hameed said by way of explaining the silence of his client, whom the federal government repatriated under fire yesterday after he had to sleep on a cot in the weight room of the Canadian Embassy in Khartoum for more than a year.

Abdelrazik had roused Hameed from his slumber in the seat beside him with whispers of how he did not want to talk — about anything at all — until he landed at Pearson International Airport yesterday afternoon.

"That is his wish," said the Ottawa lawyer.

**TORSTAR NEWS SERVICE**

## Movement spreads globally

MAUREEN LITTLEJOHN  
for Metro Canada

**In the last eight years, same-sex marriage has become legal in seven countries. The first ceremonies were performed in the Netherlands in 2001. Belgium followed in 2003, Canada and Spain in 2005 and South Africa in 2006.**

The most recent countries to allow same-sex marriage are Norway, which introduced the law in 2008, and Sweden, in May of this year. Same-sex marriage is recognized, but not performed in Israel, Aruba, the Netherlands Antilles, Washington, D.C., and New York state.

"This train is moving. In fact it's unstoppable," says Cary Johnson, executive director of the International Gay and Lesbian Human Rights Commission, based in New York City.

Johnson notes, however, that there has been some backlash. "Latvia, Congo, and Uganda have passed constitutional amendments banning same-sex marriage, even though such marriages were already technically impossible in these countries. The East African nation of Burundi just implemented a law criminalizing homosexuality."



Participants take part in a gay pride march in New Delhi yesterday. About 1,000 gays, lesbians, transsexuals and supporters participated in the parade.



For gay, lesbian, bisexual and transgender people, the battle for same-sex marriage is emblematic for the struggle for equality, notes Johnson. "What could be more human than to want to have your primary relationship recognized by the state and society?" he says.

Many countries that don't recognize gay marriage allow civil unions and registered partnerships. Denmark was the first to grant same-sex civil partnerships in 1989 with most of the same rights as marriage. In Croatia, partners

who have shared a residence for at least three years are recognized as a civil union. German couples have been able to register as life partners since 2001 and rights include second parent adoption.

Gay and lesbian Icelanders have registered partnerships with the full rights of marriage, including adoption. The U.K. has given registered couples all the rights of married heterosexual couples since 2005. Other countries that recognize civil unions and partnerships are Finland, Portugal, Switzerland, Hungary, France, Luxembourg, and some regions of Mexico, the U.S., Argentina and Australia.

### News in brief

**TEACHING** A growing number of recent graduates from Canadian universities are becoming English teachers overseas, discouraged by a tight job market during Canada's deepest recession in decades, says Teach Away, a Toronto-based agency that helps North Americans find teaching jobs overseas.

**ENERGY INDUSTRY** Canada's alternative energy sector is showing signs of a budding recovery, as companies resurrect financing deals and public offerings that withered with the recession, experts say.

**REUTERS**

## Hudak heads Tories

**POLITICS** Tim Hudak, who campaigned as being "Right For Ontario," proved himself right for Ontario's Progressive Conservatives.

Hudak, 41, won a third-ballot victory at the party's leadership convention in Markham Saturday and immediately vowed to steer the Conservatives back in the right-wing direction of his patron and mentor, former premier Mike Harris.

The victory by the Niagara West-Glanbrook MPP ends seven years of Conser-

vative flirtation with the political centre under former premier Ernie Eves, leader from 2002 to 2004, and John Tory, who led from 2004 until his surprise defeat in a March 5 byelection in Haliburton.

"We must take Ontario down an entirely different path than the one we're on," Hudak said following his win over MPPs Frank Klees, Christine Elliott, and Randy Hillier with 5,606 electoral votes of 10,250 up for grabs in 107 ridings.

**TORSTAR NEWS SERVICE**

## Iran spars with U.S., Britain, denies rigging in election

**TEHRAN** Iran accused the U.S. of trying to destabilize it and sparked a new conflict with Britain yesterday, underscoring the hardline leadership's efforts to blame post-election unrest on foreign powers rather than popular anger.

Intelligence Minister Gholamhossein Mohseni-Ejei rejected allegations of vote-rigging in this month's election, which unleashed the biggest street protests since the 1979 Islamic Revolution.

"Americans and the Zionists (Israel) wanted to destabilize Iran ... Even months



before the election they started to talk about the possibility of vote-rigging in Iran, and they continue this path after the election," the minister said.

British Foreign Secretary David Miliband demanded the release of several local British Embassy staff detained by Iran, and said his EU colleagues had agreed to a strong response to any such "harassment and intimidation" against EU missions.

**REUTERS**

### News in brief

**SWAT** Taliban militants ambushed a Pakistani military convoy yesterday killing 12 soldiers, the army said, as it prepared an assault on Pakistan's

Taliban chief. The army, near the end of a two-month offensive in the Swat Valley, is set to launch a new drive in South Waziristan.

**REUTERS**

## Honduran army ousts president in military coup

**MILITARY** The Honduran army ousted leftist President Manuel Zelaya and exiled him yesterday in Central America's first military coup since the Cold War, after he upset the army by trying to seek another term in office.

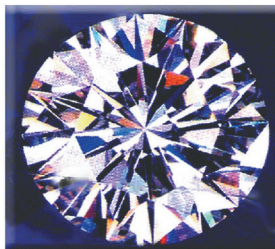
Troops came for Zelaya, an ally of Venezuelan President Hugo Chavez, around dawn and took him from his home. Chavez, who has long championed the left in Central America, said he would do everything necessary to abort the coup. He added he would respond militarily if his envoy to Honduras was killed or kidnapped.

Zelaya's supporters set up barricades in the centre of the city and sealed off road access to the presidential palace. **REUTERS**

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

## Comment

# Fun-filled festivities

### HineSight

Anne Hines

metronews.ca/hinesight

Canada Day. A countrywide celebration of this great land of ours.

Canadians will be enjoying some downtime, engaging in traditional holiday activities: Watching fireworks, hanging with friends and wondering whether their local Shoppers Drug Mart is open.

But not in my town. Toronto, alas, is in the grip of a civic workers strike. So here there's no flag-raising ceremony. No fireworks. I think we're still allowed to have friends, but I'll have to check.

I don't question our civic workers' right to strike. If the noble, venerable institution of democracy stands for anything it's the right to gripe, complain and generally refuse to sit back and take it if you feel you're treated unfairly. And there's no reason we can't celebrate anyway. Here's some suggestions for 100 per cent politics-free festivities.

The annual *Thank God, It's Finally Summer* fete. This event may be observed any time after the last, for sure final snowfall of the year. My sister in Calgary tells me that, in her city, they feel



it will be safe to celebrate sometime around mid-August. Last year in Toronto summer arrived exactly 15 minutes before the onset of fall. I missed it entirely because I was using the bathroom at the time.

The *I Found A Bathing Suit That Looks Fabulous On Me* victory frolic. This event is celebrated so rarely many people claim it's the stuff of legend. The occasion is observed by feeling sorry for those poor, unfortunate Sports Illustrated models who don't look nearly as good as you, tossing your entire collection of beach cover-

ups and

calling the store to see if it has the same swimsuit in 40 other colours.

*My Child's Finally Finished With Diapers* day. This significant occasion is marked by burning \$60 cash outside your local supermarket to celebrate your release from financial burden. Following this event are two accompanying celebrations: *The Now We Have To Find A Washroom Every 20 Minutes* festival, and *The Time To Start Saving For The Kid's Tuition* romp.

*The Weather Is Beautiful, Life Is Short And Heck, That Just Seems Like A Good Enough Reason To All Knock Off Early* jubilee ... that one is fairly self-explanatory.

With a little imagination, we can create holidays that aren't subject to the whim of strikes and conflict. So, no matter where you live, let's get out there and celebrate. Just about anything.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



### InTransit

Kim Mannix Vermette

metronews.ca/intransit

For Kim Mannix Vermette's In Transit column, please go to [metronews.ca/comment](http://metronews.ca/comment)

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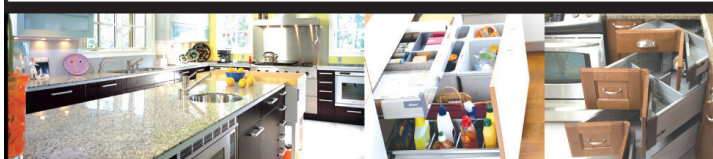
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Canada crushed New Zealand 55-0 in its opening game Saturday at the 2009 IFAF World Junior Championships in Canton, Ohio. Canada's next game is Wednesday against Japan, a team that earlier beat Germany 10-7. **METRO NEWS SERVICES**

# Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

## Brazil avoids upset by U.S.

**Brazil fought back from 2-0 down with three second-half goals to beat the United States 3-2 and win the Confederations Cup for the third time in a superb final yesterday.**

The U.S., who shocked Spain in the semis, looked set to complete an even greater upset when goals by Clint Dempsey and skipper Landon Donovan put them 2-0 ahead at half-time.

U.S. goalkeeper Tim Howard produced several good saves before striker Luis Fabiano took his tournament tally to five when he scored immediately after the restart and headed the equalizer in the 74th minute.

Brazil captain Lucio completed his side's stunning recovery when he rose superbly to power home an Elano corner six minutes from time.



Brazil players celebrate after defeating the U.S. to win the Confederations Cup final.

The match was a fitting climax to an outstanding tournament which provided shocks, excellent football and passionate crowds, auguring well for next year's World Cup finals in

South Africa.

Brazil coach Dunga told a news conference he was delighted by his team's performance.

"Even after we went 2-0 down the team was still

sure of itself. We told them at halftime to play down the wings, keep patient. We did that, we have been together for 29 days and we were determined to win it," he said.

**REUTERS**

## Jays fall to Phillies

**BASEBALL** Chase Utley's go-ahead two-run triple was part of a four-run fourth inning that gave Philadelphia the lead for good in a 5-4 victory over Toronto.

Shane Victorino and Carlos Ruiz also drove in a run apiece during the pivotal fourth frame, while Jayson Werth singled, walked four times and scored once in five plate appearances, one day after going 4-for-4 with a pair of homers in Saturday's 10-0 win that snapped a three-game slide.

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## Clubs should help country put best team forward

JustSoccer

**Ben Rycroft**

metronews.ca/justsoccer



For most supporters, when a player from your club is chosen to represent on the national squad, there is a sense of accomplishment — even pride.

For, in most countries, how the national team goes so does the sport.

A perfect example is in the U.S. — exposure for soccer is at an all-time high after their national team shocked its way into a Confederations Cup final against Brazil.

Despite the loss to the

South American giants in the final, just making it that far has the U.S. media broadly painting that success as a reflection on the health of their game.

But in Canada, the same cannot be said.

The sport here is at its healthiest in a generation. The emergence of professional clubs has the most widely played recreational sport fast approaching a tipping point into mainstream sportsdom — and it recently has had little or nothing to do with the success, or lack thereof, by our national teams.

Not only do few club supporters take pride in seeing one of their players off to represent Canada at international competitions, but

they even display a level of annoyance and frustration when it happens.

A 'well, how many games are they going to miss?' attitude pervades Montreal, Vancouver and Toronto — which is hit particularly hard by player loss each year.

The club vs. country debate — which centres on where players and fans should place their priorities — is quickly being shoved aside by the passionate support of club soccer and there is a real danger in that.

For a country to do well, it needs to have the support of the clubs to facilitate it. Word that TFC has put significant pressure on the Canadian Soccer Association to not draw so heavily

from its player pool is troubling.

More troubling is that the CSA seems to have bowed to that wish. Dwayne De Rosario (who declined an invite), Adrian Serioux, Jim Brennan and Nana Attakora-Gyan will not join Canada for this summer's Gold Cup — one competition where Canada has done well.

If soccer is ever going to cross over into the mainstream culture here, the national team needs to win international competitions — the U.S. success demonstrates that. And presently, the national team can't do that if the clubs are only interested in winning domestic competitions.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca.

## Sports in brief

**PGA** Kenny Perry shot 63 to finish with a tournament-record 258 and win the Travelers Championship by three strokes over Paul Goydos and David Toms, two other golfers in

their 40s. The 48-year old Perry tied a course record with a 61 Thursday and led after each of the first two rounds of the tournament.

**METRO NEWS SERVICES**

## SCOREBOARD

### MLB

#### NATIONAL LEAGUE

**TODAY**  
Tampa Bay at Toronto  
Boston at Baltimore  
Chicago White Sox at Cleveland  
L.A. Angels at Texas  
Minnesota at Kansas City  
Seattle at N.Y. Yankees  
L.A. Angels at Texas

**TOMORROW**  
Tampa Bay at Toronto  
Boston at Baltimore  
Chicago White Sox at Cleveland  
Seattle at N.Y. Yankees  
L.A. Angels at Texas  
Minnesota at Kansas City  
Detroit at Oakland

**NATIONAL LEAGUE**  
**YESTERDAY**  
San Francisco 7 Milwaukee 0

**TODAY**  
Chicago Cubs at Pittsburgh

N.Y. Mets at Milwaukee  
Washington at Florida  
San Francisco at St. Louis  
Houston at San Diego  
Colorado at L.A. Dodgers

**TOMORROW**  
Chicago Cubs at Pittsburgh  
Arizona at Cincinnati  
Philadelphia at Atlanta  
Washington at Florida  
N.Y. Mets at Milwaukee  
San Francisco at St. Louis  
Houston at San Diego  
Colorado at L.A. Dodgers

**INTERLEAGUE**  
**YESTERDAY**  
Philadelphia 5 Toronto 4  
Atlanta 2 Boston 1  
Chi. White Sox 6 Chicago Cubs 0  
Detroit 4 Houston 3  
Cincinnati 8 Cleveland 1  
Kansas City 3 Pittsburgh 2  
Colorado 3 Oakland 1  
Minnesota 6 St. Louis 2

Tampa Bay 5 Florida 2  
Washington 5 Baltimore 3  
L.A. Angels at Arizona  
Seattle at L.A. Dodgers  
N.Y. Yankees at N.Y. Mets  
San Diego at Texas

**MLB**  
**SATURDAY**  
Real Salt Lake 3 Toronto FC 0  
Columbus 1 New York 0

**YESTERDAY**  
Seattle 3 Colorado 0  
Houston at Los Angeles

**FRIDAY**  
San Jose at Real Salt Lake  
**SATURDAY**  
D.C. United at Columbus  
Chicago at Colorado  
Houston at Kansas City  
New York at FC Dallas  
New England at Los Angeles



## Green tip

Drive at the speed limit. Slowing from 120 kilometres per hour to 100 reduces your fuel consumption by 20 per cent. **TORSTAR NEWS SERVICE**

9

# Going Green

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA



## Clean and green

Get rid of an old dishwasher. New Energy Star models use one-third of the electricity required by the average mid-'80s vintage, says Natural Resources Canada, for savings of about \$80 a year. **TORSTAR NEWS SERVICE**

## Curbing lawn fertilizer a simple solution

### EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

As we enjoyed the first official week of summer, in many parts of Canada it finally felt like summer. Around Toronto, it certainly

smelled like summer down by the lake. Trillions of small green cells began washing ashore and rotting.

This large slug of biomass, whatever does not wash ashore, will eventually sink and rot there, removing oxygen from the deeper water. In extreme cases, this can cause fish kills.

Of course these blooms do not happen as often as they did 40 years ago. The frequency of these blooms and the nuisance they caused back then created

the impetus for legislation protecting our waters. Improving water quality was a major driver in the creation of the United States' Environmental Protection Agency. With phosphorus banned from many detergents and better regulation of point source discharges, water quality improved dramatically. Water became clearer and lakes became swimmable again. But over the past 10 to 15 years, we have seen a new increase in the frequency of these blooms. The problem is that all of the phos-

phorus discharged into the lakes before is still there. A wave of invasive species appear to alter their new environment in a way that favours these blooms by making phosphorus from the sediments relatively more available.

So, what can be done? Well, what we can and are doing is trying to turn off the faucet. New federal restrictions will further limit phosphorus in detergents. When first announced, many complained about the inconvenience of spots on their wineglasses. In

Canada, the government may not interfere in the bedroom, but seemed hell-bent on wrecking dinner parties. Since then, many suppliers have already reduced or eliminated phosphorus from dishwashing detergent.

The other target for reduction has to be non-point sources. Many jurisdictions have or are implementing nutrient management plans to reduce inputs from larger dischargers, primarily affecting agriculture. But where you can help is in reducing the

use of lawn fertilizers. That is a major source of nutrient loading that could be curbed immediately. With many ecological challenges we feel powerless. Here's an example where a minor change in our behaviour could have a dramatic positive impact with no cost and only minor inconvenience. If we can't get it together on this one, the greater challenges are pretty hopeless.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University. earthtones.metro@gmail.com.

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## Five tips to leave your campsite the way you found it

**ENVIRO** Before you head out to one of Canada's beautiful parks for that much anticipated camping trip, consider the following tips that will enhance your camping experience and care for the environment.

Remember that you're going to enjoy nature and that means caring for the environment, so that others can have the same experience after you've left.

We all know the cardinal rule "Leave the area just as you found it," but here are some other tips to keep in mind on your trip:

1. Use reusable dishes: Do not use styrofoam and plastic picnic dishes and flatware. Washing dishes can be a chore, but it will reduce the amount of garbage you produce on-site.



Keep your paper items from meals while camping and use them to start your fire later.

2. Sort your garbage: Bringing different waste bags to separate food scraps and other garbage

from paper waste can be helpful. When sorted, recycled fibre paper napkins like those from White

Swan, can multitask to help you start a campfire later.

3. Repackage food: Re-

move all food packaging and repack it in reusable containers. Don't bring individual packed food items, and clean up all food scraps while camping. Food left out will attract unwanted wildlife.

4. Meal time: When eating, be sure to use White Swan napkins to help keep mess to a minimum. Made from 100 per cent recycled paper and created using environmentally sustainable manufacturing process, they have less of an impact on the environment.

5. Bathroom Etiquette: Bring and use one-ply products like White Swan bathroom tissue because it's made from 100 per cent recycled fibre, and breaks down faster.

NEWS CANADA

### News in brief

**HYBRID** More Canadian drivers are choosing hybrid vehicles and manufacturers are now offering more choices in style and selection. And while all hybrid vehicles help save the environment, they can also help save money too. An example is the Green Wheels Program from TD Insurance which rewards those who own or lease hybrid vehicles by offering a five to ten per cent discount on auto insurance premiums.

**TOILET** Check your toilet for leaks by putting dye in the tank. If the colour appears in the bowl within about half an hour, you need to check for worn out, corroded or bent parts. Repairs will cut your water bill and require less electricity. It takes a kilowatt-hour to purify, deliver and treat every cubic metre (1,000 litres).

NEWS CANADA

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Monday, June 29, 2009

10

**Magma IPO raises \$100M**  
Canada's Magma Energy Corp., a geothermal power company, has raised \$100 million in an initial public offering taken up by investors around the world. **REUTERS**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Madoff to learn his fate today

**Bernard Madoff, who became a symbol of greed in the financial crisis for masterminding Wall Street's biggest investment fraud, faces the rest of his life in prison in one of the stiffest punishments for white-collar crime when he is sentenced today.**

The courtroom drama will unfold with the swindler hearing angry defrauded investors speak of their financial ruin. As he makes what could be his final appearance in public, Madoff, 71, will read a statement before a judge hands down a decision.

"Mr. Madoff has been very stone-faced throughout the whole process. He doesn't seem to have a lot

of remorse," said Anthony Sabino, professor of law and business at St. John's University in New York. "To date, he has refused to implicate anyone else."

About 1,341 account holders lost about \$13 billion in the classic "cash in, cash out" fraud, according to court papers.

They also say \$170 billion flowed through Madoff's principal account over decades and last November. **REUTERS**

## Globe workers reject offer

**CONTRACT** Unionized workers at The Globe and Mail overwhelmingly rejected what the newspaper said was its final contract offer, the union said Saturday, but the two sides will meet again tomorrow.

Union members, including journalists, sales staff and circulation workers, voted 260-32 to reject the offer, the Communications, Energy and Paperworkers Union said in a statement.

The Globe and Mail, a division of CTVglobemedia, said Friday it told workers it would implement the terms of its offer on July 1. The current contract expires a day earlier.

It said it expected to continue publishing the paper and updating its websites in the event of a strike or lockout. **REUTERS**



## Ragweed allergy season is coming.

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**Metro Workology exclusive: Head to Toe**

In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

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# Workology



## Iran academics arrested

According to a website affiliated with defeated Iranian presidential candidate Mir Hossein Mousavi, 70 university professors have been detained in the country in a widespread crackdown on protestors. The site states that 70 members of the Islamic Society of University Professors were arrested after meeting with Mousavi last week.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

# Mending hearts, one by one

## Head to Toe

RAFEL BRUSILOV  
for Metro Canada



### Keeping hearts beating is Dr. Mark Peterson's calling.

The Winnipeg-born heart surgeon, who averages more than 250 surgeries per year at St. Michael's Hospital in Toronto, says despite the long hours, long surgeries and intense professional challenge, he wouldn't do anything else in the world.

"I feel very lucky to say I love my job — there's nothing else that I'd rather do. If I won the lottery, I would continue to work because being in the operating

room, to me, is not work," Peterson said.

Peterson says what motivates him most is the desire to continually improve the field of cardiac surgery with new techniques, new approaches and new solutions to old problems.

"There's always that pressure to make us get better, to innovate. We're in an era now where things are changing all the time — new imaging techniques and less invasive methods are getting people out of hospital sooner. As technology improves and we get better, people's expectations get better," Peterson said.

Peterson has already performed 500 heart surgeries in his two years of practice at St. Michael's. While the



Dr. Mark Peterson has performed more than 500 heart surgeries.

vast majority are pre-planned, carefully orchestrated affairs, he does take on emergency surgeries when needed.

In one particularly mem-

orable case last December, Peterson got a call about an otherwise healthy man in his 50s who was dying from an aortic dissection — the same condition which

killed actor John Ritter so suddenly. Peterson raced to the operating room and quickly realized there was no time for a CT scan as the sac around the man's heart was rapidly filling with blood, threatening to suffocate it. Once he began surgery, Peterson realized the tear in the man's heart was much worse than expected, forcing him to make an instant decision to perform a full reconstruction of one of the heart's main structures (an aortic arch) — an operation which, on a good day, is so complicated that many surgeons don't perform it.

Peterson went ahead and the operation was so successful, the man left hospital hardly a week later and is doing very well. Moments like that are what convince

Peterson he picked the right career.

"We pulled this guy out of the grave. I'm pretty proud about that one. All that culmination of your training and expertise to make somebody better — it's hard to describe why it's so satisfying, so rewarding, but it is," Peterson said.

If the thought of cardiac surgery scares you, maybe it's time to start living a healthier lifestyle.

"My advice is fairly simple — do everything you can do to avoid having to see me. It's ultimately a matter of life and death."

For more of the Head to Toe exclusive series check Workology frequently or stop by: [metronews.ca/work](http://metronews.ca/work)



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Bon Jovi and bandmate Richie Sambora have recorded a version of Ben E. King's classic Stand by Me with Iranian superstar Andy Madadian to send a message of global solidarity to the Iranian people who are caught in the midst of debate and protest over the country's recent election. **TVGUIDE.COM**

# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

## Jackson's Beatles rights at risk

**MUSIC** Beatles For Sale?

The Fab Four's prized catalogue — specifically 267 songs mostly written by John Lennon and Paul McCartney — is embarking on a long and winding road of ownership uncertainty following the death of Michael Jackson.

The pop singer and Sony Music operated a lucrative joint venture that either owns or administers the copyrights to about 750,000 compositions written by the likes of Bob Dylan, Neil Diamond, Taylor Swift and the Jonas Brothers.

Industry analysts estimate that Sony/ATV Music Publishing is worth at least \$1 billion US, making Jackson one savvy entertainer. His initial investment cost him \$47.5 million in 1985.

REUTERS

## Police talk to Jackson doc

**A second police interview with the doctor caring for pop star Michael Jackson the day he died yielded no information suggesting the physician committed a crime, the Los Angeles Times reported yesterday.**

The Times said an unnamed source close to the police investigation told the newspaper the second interview with Dr. Conrad Murray revealed "no red flag" indicating criminal wrongdoing or the cause of death.

"Investigators say the doctor is in no way a suspect and remains a witness to this tragedy," a spokeswoman for the law firm representing Murray said in a statement that was issued late Saturday after the second interview.

Murray, who rode in the

ambulance from Jackson's home to a hospital after the singer had suffered cardiac arrest Thursday, helped police "identify the circumstance around the death ... and clarified some inconsistencies," said the statement from the law firm Stradely, Chernoff & Alford.

The second meeting between police and Murray, who has offices in Houston and Las Vegas, lasted three hours.

Also yesterday, White House adviser David Axelrod told NBC news television show Meet the Press that U.S. President Barack Obama had written to Jackson's family expressing his condolences.

Jackson's father Saturday urged fans not to despair because the singer "will



In this photo provided by AEG/Concerts West, Michael Jackson and choreographer/director Kenny Ortega rehearse for the This Is It tour on May 6, 2009 in Burbank, Calif.

continue to live on in each and every one of you," and Jackson's family sought a second autopsy beyond the official one, conducted Friday, amid reports about the 50-year-old singer's reliance

on prescription drugs.

The celebrity website TMZ.com, which first broke the news of Jackson's death, reported that the second autopsy took place at an undisclosed location

in Los Angeles Saturday afternoon.

The singer of hit songs like Thriller and Billie Jean died suddenly Thursday in a Los Angeles hospital and since then, mystery has shrouded his death.

Questions have centred on what brought on his heart failure. Jackson had not performed in years, but was rehearsing for a series of sold-out, comeback concerts in London starting in July. He was said to be in good health and had passed a physical examination before beginning rehearsals.

But according to media reports, Jackson was injected with narcotic painkiller Demerol before he went into cardiac arrest, and Murray was trying to revive him when paramedics arrived.

REUTERS

PT	Vu SC C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
6/29/09	265 353 2	TVO	Time Team	The Agenda With Steve Paikin	Midsomer Murders	In Korea with Norm Christie	Agenda-Paikin			
	211 331 3	GTV	ET Canada	Entertainment	House "Big Baby"	Lie to Me "Love Always"	Cold Blood "Strangler"			
	- - 5	SRC	Des squelettes	La Petite vie	Chère Betty (HDTV) (SC)	Bons baisers de France (SC)	Le Téléjournal et Les Nou			
	209 342 6	CHVO	The Road to Avonlea	Gossip Girl (HDTV)	Two/Half Men	Big Bang Th	Stargate Atlantis	Comedy Now		
	196 311 7	CTV	Hollywood	Corner Gas	Law & Order: "Rumble"	Law & Order: Criminal Intent	CSI: Miami (HDTV)	News (N)		
	208 303 8	CBC	Coronation St.	Jeopardy!	Triple Sensation (DVS)	Just for Laughs	CBC News: The National	The Hour		
	- 360 9	NBC	Wheel-Fortune	Jeopardy!	Law & Order: "Rumble"	Law & Order: Criminal Intent	Dateline NBC	News (N)		
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	651 355 25	CST	Little House on the Prairie	Michael Coren Show	Antiques Roadshow	Law & Order: "Rumble"	Law & Order: Criminal Intent	CBC News: The National	Frontline (DVS)	
	- 365 36	FOX	TMZ (N)	Seinfeld	House "Big Baby"	Antiques Roadshow	Law & Order: "Rumble"	Law & Order: Criminal Intent	CBC News: The National	
	- - 64	PBS	Business Rpt.	Sinclair-Canada	Antiques Roadshow	Law & Order: "Rumble"	Law & Order: Criminal Intent	CBC News: The National	Frontline (DVS)	
	205 312 104	CTV	Hollywood	Corner Gas	Law & Order: "Rumble"	Law & Order: Criminal Intent	CBC News: The National	Frontline (DVS)	National	
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	406 417 27	net	24 Heures en 60 minutes	MLB Baseball Tampa Bay Rays at Toronto Blue Jays. From Rogers Centre in Toronto.	(9:15) WWE Monday Night Raw	Survivorman	Bounty Hunter	Bounty Hunter	Departures	
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	557 540 51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Futurama	League-Evil	Zixx Level	
	551 542 65	YTV	Family Biz	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level		
	570 580 29	MM	The Daily Fix	I'm a Celebrity... Get Me Out of Here!	Intervention (HDTV)	UFC Unleashed	Jon & Kate Plus 8 (N)	Club social	Club social	
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	521 560 34	TLC	Little Couple	Little Couple	Jon & Kate Plus 8	Jon & Kate Plus 8	Jon & Kate Plus 8	Jon & Kate Plus 8	Jon & Kate Plus 8	
	145 761 35	TV5	Clara Shelter	Vie privée, vie publique	Cashing In	Kink in Hair	Lost Behind Bars (2006, Suspense) Paget Brewster.	Beethoven's Hair (2005)	Bravonews	
	616 521 39	BVO	Outer Limits "Fear Itself"	Symphonic Landscapes Kent Nagano.	MythBusters	MythBusters	MythBusters	MythBusters	MythBusters	
	620 523 40	SHO	Montreal Jazz Festival	MythBusters	MythBusters	MythBusters	MythBusters	MythBusters	MythBusters	
	520 505 42	DIT	Daily Planet (N)	Cheer Moms	Cheer Moms	Cheer Moms	Cheer Moms	Cheer Moms	Cheer Moms	
	575 583 43	CMS	Cheer Moms	Cheer Moms	Cheer Moms	Cheer Moms	Cheer Moms	Cheer Moms	Cheer Moms	
	601 562 45	SLC	Skin Deep	Til Debt-Part	Newlywed	Newlywed	Newlywed	Newlywed	Newlywed	
	625 548 46	COM	Air Force	Just for Laughs	House-Payne	House-Payne	House-Payne	House-Payne	House-Payne	
	294 529 47	TBS	Family Guy	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	
	600 564 49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	Marriage	My First Place	House Hunters	
	627 528 50	SPC	Stargate Atlantis	Teen Cries	After	MTV News	Room Raiders	The Real World	Ground Up	
	581 566 53	MTP	Teen Cries	After	MTV News	Room Raiders	The Real World	Ground Up	Are You Smarter	
	618 524 54	TRP	Once a Thief	NCIS "Ravenous"	Tank Overhaul	Paradis perdus (HDTV)	Green Grass	Summer Wine	Love It or List It	
	522 506 55	HS	NCIS "Ravenous"	Tank Overhaul	Paradis perdus (HDTV)	Green Grass	Summer Wine	Love It or List It	Michael Biehn.	
	129 773 60	CHD	Biographies "Josée Lavigne"	Green Grass	Summer Wine	Love It or List It	Michael Biehn.	Tonight Show-Conan O'Brien	TMZ	
	261 394 61	V	Murder, She Wrote	Green Grass	Summer Wine	Love It or List It	Michael Biehn.	Tonight Show-Conan O'Brien	TMZ	
	602 567 62	W	How Clean	Friends	How Clean	Kim	Pachamama	Le Sang du chasseur (1995, Drame)	Michael Biehn.	
	269 350 70	APTN	Notre Peuple "Tshenu"	Kim	Pachamama	Le Sang du chasseur (1995, Drame)	Michael Biehn.	Tonight Show-Conan O'Brien	TMZ	
	621 527 71	TLK	The Ellen DeGeneres Show	Kim	Pachamama	Le Sang du chasseur (1995, Drame)	Michael Biehn.	Tonight Show-Conan O'Brien	TMZ	
	603 561 95	FN	Chef at Home	Chuck-Day Off	Food Jammers	Glutton-Punish.	Food Detective	Get on Plate	100 Mile Challenge	

## critics'corner

### House

Concerned that she isn't bonding properly with her baby, Cuddy gives some of her day-to-day responsibilities to Cameron, forcing the latter to stand up to House, her former boss. The team takes on the case of a teacher who collapsed after spitting up blood during a class in "Big Baby." 8 PM on 3 GTV 36 FOX



### Just for Laughs: The Colour of Funny

George Stroumboulopoulos hosts an hour of comedy featuring some of the most popular comedians of color to have performed under the "Just for Laughs" banner. They include Asian-American K.T. Tatara; Gina Yashere, a British comic of Nigerian descent; Sugar Sammy, a Montrealer of Indian heritage and more. 9 PM on 8 CBC

### CSI: Miami

Horatio and the team race the clock to find a baby kidnapped by a killer in hopes of keeping the child from becoming the next victim. Teri Polo guest stars in "Gone Baby Gone." 10 PM on 13 CBS 7 CTV 104 CTV

## Box office

Following are the top 10 films at the North American box office for the three-day weekend beginning on June 26.

- Transformers: Revenge of the Fallen:** \$112 million million US
- The Proposal:** \$18.5 million
- The Hangover:** \$17.2 million
- Up:** \$13 million
- My Sister's Keeper:** \$12 million
- Year One:** \$5.8 million
- The Taking of Pelham 1 2 3:** \$5.4 million
- Star Trek:** \$3.6 million
- Night at the Museum: Battle of the Smithsonian:** \$3.5 million
- Away We Go:** \$1.7 million

REUTERS

## Kenya'sStyle

### Kenya Hunt

Read the blog at [metronews.ca/kenyasstyle](http://metronews.ca/kenyasstyle)

For complete online movie listings, trailers, reviews and tickets, visit: [metronews.ca/movies](http://metronews.ca/movies)



**Meester getting married?**

Is Gossip Girl star Leighton Meester ready to get married? The actress and her boyfriend, Sebastian Stan, both changed the relationship statuses on their Facebook profiles to "engaged," according to Page Six. **METRO NEWS SERVICES**

entertainment **13**

# It's still complicated

Richards signs on to reality series for season to quash rumours

**BRIAN COULTON**  
for Metro Canada

**She's made peace with her actor ex-husband Charlie Sheen, been lauded for her honesty during an interview with Howard Stern and said she's even friendly with former foe Perez Hilton. But actress and former model Denise Richards said her life is still complicated.**

"Yes, I've gone through a lot of complicated stuff, but now it's a different kind of complication — being a single parent in Hollywood, trying to date, working and balancing my career with my kids," she said over the phone while vacationing in Hawaii.

Richards is the star of her eponymous reality show, *Denise Richards: It's Complicated*, its second season presently airing Wednesday nights on E!

She said she signed on for the show's inaugural season to quash rumours floating around about her — a different story every week for two years, she estimates.

"I'm an actress. I've done a lot of movies and been in a lot of TV shows and wanted people to make a judgment off of watching me instead of reading about me," she said.

But now that she believes the program has drawn people away from "negative press" about her, Richards said the public is beginning to know a different side of the star.

"I think people see that, at the end of the day, I'm a single mom and relatable to a lot of people that have gone through a horrible divorce, lost a parent or have a parent that has to move on with their life, and it's hard," she said. "At the end of the day, that's what sells the show — your fans."

Fans of her show can expect to see Richards moving forward from past controversies this season, she said. New episodes observe Richards' experience on ABC's *Dancing with the*

Stars, a visit to her old home in Chicago and her live-in father's first dating attempt in 40 years, among other storylines.

Such principally common arcs are influenced by the public's transitioning perspective on celebrity, said Richards, which she charac-

terizes as a move from mystery to tangibility.

And she doesn't hesitate to express that part of her motivation to renew the show for a second season stemmed from another item almost certainly tangible for her fan base — economic woes.

"I need to make a living. We all want work, in a really s—y economy," she said. "I have two kids to support as well."

**Denise Richards: It's Complicated airs Wednesday nights on E!**



Actress and former model Denise Richards, star of *It's Complicated*.

## Fawcett funeral set for Tuesday

**PEOPLE** A private funeral for actress Farrah Fawcett will be held at the Catholic cathedral of Los Angeles on Tuesday, church officials said late last week.

The service for the former *Charlie's Angels* actress



Farrah Fawcett

will take place at the Cathedral of Our Lady of the Angels at 4 p.m. PDT (1900 EDT/2300 GMT).

Fawcett, 62, died on Thursday after suffering a long and public battle with anal cancer. **REUTERS**

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pg. 5

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- Windsor Summer Fest - Celtic Connection Weekend
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On Saturday, guitar virtuoso Eddie Van Halen married Janie Liszewski, his girlfriend of three years. The evening ceremony took place at his seven-acre Studio City, Calif., estate. Liszewski walked down the aisle to Van Halen's When It's Love, people.com reports. **METRO NEWS SERVICES**

## Celebrity Buzz

### Perez crosses line with MJ

**FOOT IN MOUTH** Perez Hilton is no stranger to controversy, and now many of the stars who he often pals around with have turned on him via Twitter, ripping the celebrity blogger for his posts about Michael Jackson in the moments before his death, popeater.com reports.

After it was reported



Jackson had taken to hospital Thursday, Hilton posted a photograph of Jackson with his signature white handwriting "Heart Attack or Cold Feet?" — questioning whether Jackson was

sick or possibly bailing out of his summer concerts.

"Either he's lying or making himself sick, but we're curious to see if he's able to go on!!! Get your money back, ticket holders!!!!" he wrote — comments that have since been redacted.

A number of celebrities then took to Twitter, calling Hilton "shameful" and telling him to show some respect.

**METRO NEWS SERVICES**

### Bradley defuses Jen rumours

**SETTING RECORD STRAIGHT** First they reputedly flirted at a party. Then, June 18, they definitely had dinner together. So, what is going on between Bradley Cooper and Jennifer Aniston?

That was the question put to The Hangover star on Friday at an event in Paris, people.com reports.

Told there had been talk that he and Aniston had been out together, Cooper replied with a laugh: "Who

talked about it? It wasn't me. It was someone else."

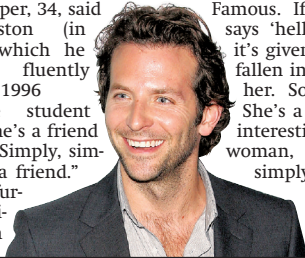
In a more serious vein, Cooper, 34, said of Aniston (in French, which he speaks fluently from his 1996 exchange student days): "She's a friend of mine. Simply, simply, just a friend."

He further clarified, "In

America, it's not like it is here. She's someone who is super, super known.

Famous. If someone says 'hello' to her, it's given that he's fallen in love with her. So, no. No. She's a very, very interesting woman, but she's simply a friend."

**METRO NEWS SERVICES**



### Rihanna and Chris reconnect?

**WHAT RESTRAINING ORDER?**

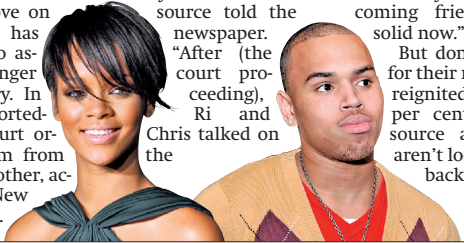
Chris Brown and Rihanna are ready to move on now that he has pleaded guilty to assaulting the singer back in February. In fact, the pair reportedly wants the court order barring them from contacting each other, according to the New York Daily News.

"They think it's unnecessary and ridiculous," a source told the newspaper. "After (the court proceeding), Ri and Chris talked on the

phone for almost an hour and really worked at becoming friends. They're solid now."

But don't go looking for their romance to be reignited. "That's 100 per cent done," the source added. "They aren't looking to hook back up again."

**METRO WORLD NEWS**



### Pals come to Madge's aid

**CELEBRITY NETWORK** Rocker Lenny Kravitz supported Madonna throughout her campaign to adopt Mercy James from Malawi — even lending the pop superstar his mansion in France while she dealt with the legal issues, femalefirst.co.uk reports.

Her pal Kravitz says he stepped in to help the star during her ordeal, letting Madonna stay at his home as she

fought to make Mercy a member of her family.

"It has been tough for Madonna," he said. "But she's doing good. She's been staying in France while it was going on. I'm glad it's worked out."

**METRO NEWS SERVICES**



### Jailed son OK for Farrah's funeral

**FAMILY** Redmond O'Neal, Farrah Fawcett and Ryan O'Neal's son, was in jail when his mother passed away, but prison officials will allow him to attend her funeral, according to Radar Online. He will be allowed to wear a suit, but will be handcuffed.

He is serving a sentence for multiple drug-related charges.

**METRO NEWS SERVICES**



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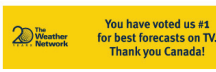
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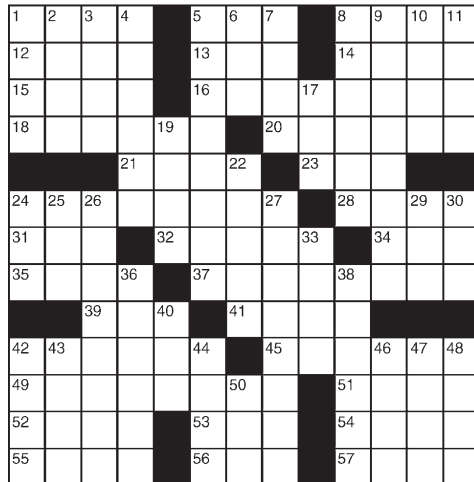
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For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Take Five



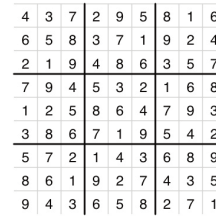
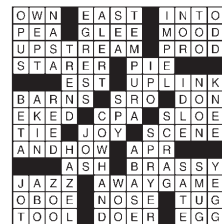
## Crossword across

- 1 Recedes  
5 Mandible  
8 "Airplane!" autopilot  
12 Goose egg  
13 Yoko of music  
14 Cornfield invader  
15 Authentic  
16 Football break  
18 Aft  
20 Got lathery  
21 Stereo alternative  
23 Wildebeest  
24 Interim  
28 Therefore  
31 Donkey  
32 Navy elite  
34 Sawbuck  
35 Grand story  
37 HBO rival  
39 Also  
41 Blue shade  
42 Teeming  
45 Diamond ref  
49 Work-when-you-want set-up  
51 Mid-March date  
52 Exceptional  
53 — Francisco  
54 Tide type  
55 Newspaper page  
56 Choose, with "for"  
57 Smelly

## Crossword down

- 1 Poet Pound  
2 Honey bunch?  
3 Neighbour's kid?  
4 Grave  
5 Hospital gowns  
6 Literary collection  
7 Three Little Pigs' pursuer  
8 Gasoline rating number  
9 Brahma, Vishnu and Shiva, collectively  
10 Heavy book  
11 Didn't pay yet  
17 Visibility hindrance  
19 Deteriorates  
22 Nebraska city  
24 West of Hollywood  
25 Kreskin's claim  
26 So to speak  
27 Silver-tongued  
29 Jewel  
30 Individual  
33 Has done laps in the pool  
36 Wheedled  
38 Recording  
40 Table scrap  
42 Frizzy hairdo  
43 Be openhanded with?  
44 Soybean paste  
46 Notion  
47 Paper quantity  
48 Catch sight of  
50 Atlas page

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

## SUDOKU SOLVE TIME:

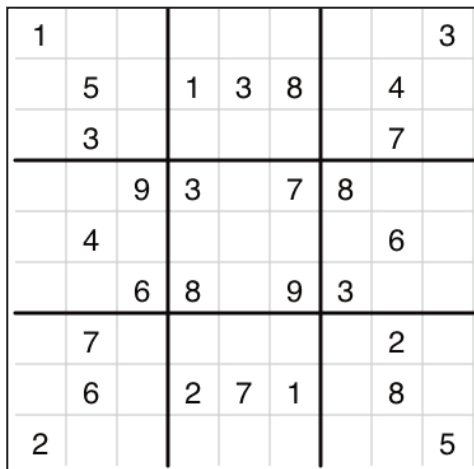
Under 13 min .....Genius  
13-17 min .....Scholar

17-21 min .....Smart  
21-25 min .....Not bad  
25+ min .....Keep practising

## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



## Metro Recipe of the Day



## Turkish Bread with Feta and Vegetables

## INGREDIENTS:

4 tomatoes, diced  
1/4 cup (50 ml) tomato paste  
2 garlic cloves, crushed  
1 Turkish bread, halved horizontally  
1 tbsp (15 ml) finely chopped fresh rosemary  
1 tsp (5 ml) fennel seeds  
1/4 cup (50 ml) olive oil  
1 eggplant, thinly sliced widthways  
1 red pepper, deseeded and cut into thin strips  
1 yellow pepper, deseeded and cut into thin strips  
1 tbsp (15 ml) cider vinegar  
1 tsp (5 ml) sugar  
6 scallions, halved widthways and cut into strips  
3-1/2 oz (100 g) feta cheese, drained and finely crumbled

**METHOD:**  
1. Heat oven to 460 F (240 C). Mix tomatoes, tomato paste and half the crushed garlic in large bowl. Spread over bread and set aside. In same bowl, combine rosemary, fennel seeds, olive oil and remaining garlic.  
2. Lay eggplant slices and pepper strips on baking

tray and brush sparingly with herb oil mixture. Bake 8 minutes until slices are just beginning to soften. Turn and bake further 8 minutes. Remove from oven and reduce temperature to 425 F (220 C).  
3. Stir cider vinegar and sugar into remaining oil. Add scallions and some pepper to season. Add pepper strips and mix well.  
4. Top bread with half the mixed pepper mixture, cover with overlapping eggplant slices, then pile remaining pepper mixture on top, drizzling over remaining herb oil from bowl. Place bread on baking tray that was used for roasting vegetables. Top with feta, pressing down lightly with fork, and bake 10-15 minutes until feta is golden and vegetables are browned. Cut each piece of bread into four and serve two pieces per portion.

SERVES 4



## Horoscopes by Sally Brompton

[sallybrompton.com](http://sallybrompton.com)ARIES  
MARCH 21-APRIL 20

Make it your aim this week to please other people, especially those closest to you emotionally. Go out of your way to help them feel good.

LIBRA  
SEPT 23-OCT 23

Your professional position is in a state of flux at the moment. But by the end of this week you'll be on top of the heap, so keep climbing.

TAURUS  
APRIL 21-MAY 21

You may not have a care in the world at the moment but don't overdo it. It's your body you should be thinking about now: Put your wellbeing first.

SCORPIO  
OCT 24-NOV 22

You're in the mood to be outrageous and what you do in the next few days will shock those of a nervous disposition. Don't let their disapproval stop you.

GEMINI  
MAY 22-JUNE 21

This is certainly a lucky time of the year for you but don't take anything for granted. Plan well ahead and don't entrust important details to other people.

SAGITTARIUS  
NOV 23-DEC 21

Before going ahead with spending plans it might be good to let partners and loved ones know what you're up to: They could have some good advice.

CANCER  
JUNE 22-JULY 22

No doubt you have big plans but you also have limits and your number one priority as the week begins is to recognize what they are.

CAPRICORN  
DEC 22-JAN 20

If you want to move beyond what you've achieved, work with people who share your objectives. That applies to both your private life and career.

LEO  
JULY 23-AUG 23

You can sense that a number of things are coming to an end. Their passing is creating room in your life for more important aims and ambitions.

AQUARIUS  
JAN 21-FEB 18

You've just been through a hectic weekend, so slow down a bit and catch your breath before you embark on your next big endeavour.

VIRGO  
AUG 24-SEPT 22

You expect to accomplish great things but there is a danger you might put so much pressure on yourself that you feel defeated before you have even begun.

PISCES  
FEB 19-MARCH 20

If you are ambitious you will find favour with important people over the next few days. Just be careful you don't take on too many things.

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